

**ADMINISTRATIVE INTERNAL USE ONLY**

Approved For Release 2002/02/11 : CIA-RDP78-05077A000100100004-8

27 August 1973

MEMORANDUM FOR THE RECORD

SUBJECT : Meeting of the Planning Group for the Smokers' Workshop, 23 August 1973

PURPOSE : Review of experience to date and plan for the future

ATTENDEES:



STATINTL

1. Ten months after the end of the first workshop, six of the 13 participants continue to be non-smokers. Two-and-a-half months after the second, eight of the 11 are non-smokers. This success rate encourages continuation of the program. Full agreement on this.

2. Dr. [REDACTED] proposed these changes:

STATINTL

a. Dropping the term "clinic" in all references to the program, and using instead the term "workshop," on grounds that the latter term leads to more accurate expectations and perceptions of the nature of the process. Dr. [REDACTED] strongly supported this; there was no dissent.

STATINTL

b. In place of five daily sessions of two hours each for one week, use six every-other-day sessions of 1-1/2 hours each over a two-week period. This should provide enhancement of the re-inforcement effects over a longer span of the high-stress, high-tension initial withdrawal period, and give a more prominent role to the buddy system, which seemed to be quite effective when it was used with greater emphasis in the second running. Accompanying this change will be more time allotted to the re-learning techniques (muscle relaxation training) which also seemed effective. It was noted also that 1-1/2 hour sessions are apt to fit better with the individual schedules of participants than two-hour sessions. Agreed.

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c. Using a video tape of Dr. [REDACTED] talk in place of the live presentation. This was accepted after some discussion which brought agreement that this would be experimental in the next running. If the impact is less, live presentations can be resumed in later runnings. On the other hand, if a "canned" presentation is effective, we may make a color movie film to improve the quality for future showings.

STATINTL

3. How to obtain subjects for future runnings was discussed at some length. Since the program is successful in its small group format, it seems inappropriate to solicit Agency-wide interest when only a small number (about 15) can be accommodated in any one running. Dr. [REDACTED] pointed out that there are significant advantages (from the reinforcement standpoint) in having individuals in groups from the same office or work area. Dr. [REDACTED] proposed that DMS be asked to announce at a morning DDM&S staff meeting that we are prepared to solicit interest within a given office and to schedule a workshop or workshops to accommodate those who respond. This seemed a sensible way to proceed, and all agreed that it would be appropriate for DMS to make such an announcement at any time.

STATINTL

STATINTL

4. Some discussion ensued on the physical setting for the workshops. Dr. [REDACTED] stated that he felt it was quite important to have a comfortable, well-appointed setting outside of the immediate work environment. In this respect, the Senior Seminar accommodations at the Chamber of Commerce Building had proved ideal. Dr. [REDACTED] suggested that for sessions at the Headquarters Building for DDM&S groups, the DDM&S Conference Room might be obtained.

STATINTL

STATINTL

STATINTL

[REDACTED]  
Chief, Psychological Services Staff  
Office of Medical Services

cc: DMS  
STATINTL Dr. [REDACTED]  
Each attendee

Attachment: Proposed Six-Session Smokers' Workshop